

## Seneca Valley Fall Try-outs Schedule

**These are the approximate times of each fall team's practices each day. Times are subject to change- please refer to [www.svhsathletics.org](http://www.svhsathletics.org) for any updates.**

### Varsity Football and JV football- Gunners Park

August 13<sup>th</sup> – Equipment Hand Out – 12:00-3 pm

August 14<sup>th</sup> -15<sup>th</sup> – Helmets Only –

- 1:45– 2:00 – Attendance/Informational Meeting
- 2:00 – 3:00– Weight Room, Film, Position Meetings
- 3:00 – 3:30 – Prepare for Practice
- 3:00 – Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

August 16<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup> – Helmet and Shoulder Pads (Shell)

- 1:45– 2:00 – Attendance/Informational Meeting
- 2:00 – 3:00– Weight Room, Film, Position Meetings
- 3:00 – 3:30 – Prepare for Practice
- 3:00 – Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

August 20<sup>th</sup>, 22<sup>nd</sup>– Full Pads – Double Day

- Arrive at 9:45
- Depart for Gunner Park at 10:15
- Practice 10:30- 12:30
- Return to SV – Eat Lunch, Relax and watch film
- 3:15 – Prepare for practice
- Depart for Gunner Park at 3:30
- Practice 3:45 – 5:30
- Return to SV

August 21<sup>st</sup> - Shell

- 1:45– 2:00 – Attendance/Informational Meeting
- 2:00 – 3:00– Weight Room, Film, Position Meetings
- 3:00 – 3:30 – Prepare for Practice
- 3:00 – Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

August 23<sup>rd</sup> – Scrimmage at Springbrook (BCC and Crossland) – 10AM

August 24<sup>th</sup> – Film/Weight Room – 8:00 AM – 10:30 AM

August 26-29<sup>th</sup> – Full Pads

- 2:30– 2:45 – Attendance/Informational Meeting
- 2:45–3:00– Prepare for Practice
- 3:00– Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

August 30<sup>th</sup>- Scrimmage at Paint Branch – 6 PM

August 31<sup>st</sup> – Team Meeting, Weight Lifting and Film Session

- Arrive at 8:30
- Depart at 10:30

Starting Sept 3<sup>rd</sup>

- 2:30– 2:45 – Attendance/Informational Meeting
- 2:45–3:00– Prepare for Practice
- 3:00– Leave SV and walk to Gunner Park
- 3:15 – 5:30– Practice at Gunner Park
- 5:30– Return to SV

Saturdays- Team Meeting, Weight Lifting and Film Session

- Arrive at 8:30
- Depart at 10:30

### Cross Country

August 14<sup>th</sup> practice 8-10am SVHS small gym

August 15<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, and 23<sup>rd</sup>: practice 8-10am SVHS next to the auditorium entrance to SVHS

August 16 Meet at Fleet Feet in Gaithersburg- 8 AM for Fleet Feet Cross Country day/ practice and festivities

August 20<sup>th</sup>, 22<sup>nd</sup>: practice 8-10am Meet at Black Hills Regional Park parking lot A

August 26-30 practice 3:15pm-5:15pm SVHS

Starting September 3<sup>rd</sup>- 3:15 pm- 5:15 pm SVHS

### Volleyball-Varsity –JV

August 14<sup>th</sup>-15<sup>th</sup>, 20<sup>th</sup>-22<sup>nd</sup>, 27-29<sup>th</sup>- 2019 -Practice at 5 to 7pm (main/small gym)

Starting Sept 3<sup>rd</sup>- Mon-Thur- 3-5 pm; Friday 230-4

### Poms

August 14<sup>th</sup> -15<sup>th</sup>-2-5- Main Gym

August 16<sup>th</sup>- 130-430- Main gym

August 17<sup>th</sup> Try-outs 10-1- Auxiliary Gym and Main Gym if possible

August 19<sup>th</sup>-23<sup>rd</sup>; 26<sup>th</sup>-30<sup>th</sup>- 3:00-6:00-TBD

Starting Sept 3<sup>rd</sup>- Tuesday & Thur- 5-7; Monday, Wed, Friday- 3-5- TBD

### Varsity and JV Cheerleading

August 14<sup>th</sup>-15<sup>th</sup>- 5-8 pm- Main Gym- Clinics

Tryouts: Friday, August 16<sup>th</sup> 5-8 pm- Main gym

August 17<sup>th</sup>- 9-11 am- Main Gym

August 19<sup>th</sup>-22<sup>nd</sup>; 26<sup>th</sup>-29<sup>th</sup>- 4-7 pm- TBD

Starting September 3<sup>rd</sup> - Mon-Thur- 4-6 pm-TBD

### Field Hockey-JV and Varsity- Clemente Middle School

August 14<sup>th</sup>-16<sup>th</sup>; 19<sup>th</sup>-23<sup>rd</sup>; 26<sup>th</sup>-30<sup>th</sup>- 330-630- Clemente

Starting September 3<sup>rd</sup>- 330-530-clemente

### Girls Soccer Varsity and JV- Martin Luther King Middle School

August 14<sup>th</sup>-16<sup>th</sup>; 19<sup>th</sup>-23<sup>rd</sup>; 26<sup>th</sup>-30<sup>th</sup> 330-6 pm- MLK

Starting September 3<sup>rd</sup>- Mon-Fri-330-530-MLK

### Boys Soccer Varsity and JV- Gunners Park

August 14<sup>th</sup>-16<sup>th</sup>; 19<sup>th</sup>-23<sup>rd</sup>; 26<sup>th</sup>-30<sup>th</sup> 3-6 pm-Gunners

Starting September 3<sup>rd</sup>- Mon-Fri-3-5:15-Gunners

### Golf

August 19<sup>th</sup>- 3 pm- Rattlewood Golf Course- if you are planning on attending- make sure to contact Coach Duley

August 20<sup>th</sup>- 3 pm- Laytonsville Golf Course- if you are planning on attending-make sure to contact Coach Duley

August 21<sup>st</sup>- 2 pm- Rattlewood Golf Course- if you are planning on attending-make sure to contact Coach Duley

August 22<sup>nd</sup>- 2 pm- Rattlewood Golf Course- if you are planning on attending-make sure to contact Coach Duley

Practice Schedule will range after teams are set

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### Handball

Monday, Wed and Thursdays- starting 2<sup>nd</sup> week of School- 245-430- Aux Gym